



Overview

Thanks for your interest in using SparkPeople to help improve your wellness efforts! This document is intended to be an introduction to the tools and resources that SparkPeople offers that make it a great tool for employee wellness efforts. As you probably already know (if you've already created your free account on SparkPeople), there are numerous tools and resources available to individuals after they set up a personalized fitness and nutrition plan.

Because all of our services are completely free of charge, we do not have the resources to offer much training or support with the set-up and administration of your program. Because of this, however, we have tried to provide extensive information and resources online to help answer many questions you might have. Here are some links that might be useful to you and your team while setting up your program or introducing SparkPeople to your team:

Site FAQ's: <http://www.sparkpeople.com/myspark/faqs.asp>

Site Tour: <http://www.sparkpeople.com/myspark/flashdemo.asp>

Technical help message boards:

http://www.sparkpeople.com/myspark/messageboard_topics.asp?imboard=5

Resource Center: <http://www.sparkpeople.com/resource/main.asp>

Corporate SparkLeaders SparkTeam (get help from leaders of other company SparkTeams):

http://www.sparkpeople.com/myspark/groups_individual.asp?gid=1922

Employee Privacy/Sharing Personal Information:

Often times companies and employees are concerned that personal information about their health and/or weight might be shared. While there are a number of resources that members can use to share personal information with others (many people find this useful for getting help with their goals), ONLY information that members want to be public is public. Members can also choose to create a username that does not identify them. If your company is hosting a rewards program based on the SparkPoints platform and employees choose to participate then the only information that others would know is how many SparkPoints they have (which doesn't indicate any personal information but rather just gives a measure of how active they are on the site).

Major Components of SparkPeople Wellness Program

SparkPoints:

While the bathroom scale and other physical measures are good ways to measure how you're progressing towards your goals, SparkPeople believes that there are many useful ways to measure the success of your program. One of these is SparkPoints. We designed SparkPoints to encourage people to perform activities and tasks that are proven to help our members reach their goals.

Our SparkPoints tab contains everything you'll need to track your points. Some tasks, such as tracking foods, are automatically recorded while others, like reading articles, require you to click a button to record your points. Next to each point-earning task you'll see an "Info" button that you can click to learn more about how the task can help you reach your goals and how to get points for performing the task.

Finally, if you want to show other members how well you're doing with SparkPoints, you can click "SparkPoints Settings" and specify that you want your SparkPoints to appear next to your posts on the message boards and on the SparkPoints Individual Leaderboards.

SparkTeams:

Taking SparkPoints a step further, SparkTeams lets you work with and/or against other members of our community (or your office). You can set a SparkTeam goal and even have friendly competitions with other SparkTeams on our leaderboards. You can compete against SparkTeams by type, such as companies and families. For example, we have a Leaderboard of Small Companies.

Some of the features of SparkTeams include:

- Custom Team homepage
- Ability to upload an image or logo on the team homepage (and link that image to any URL you wish – for example your company website)
- Team Message Boards
- Activity tracking – you can easily see the level of activity among team members with the team SparkPoints leaderboard (many companies use this as a platform for a rewards/incentives program)
- SparkMail Your Team – each team leader has the ability to easily communicate with all members of their team via SparkMail (our internal private messaging system). This works well for communicating any team challenges or rewards/incentives programs
- Automatic joining (when someone who is not a member of SparkPeople clicks on a link to your team page, then joins SparkPeople, they are automatically placed in your team after joining)
- Custom URL – make it easy for people to find your team by creating a team URL (for example <http://teams.sparkpeople.com/companyname>)

To learn more or see some current SparkTeams, please visit:

<http://www.sparkpeople.com/myspark/groups.asp>

http://www.sparkpeople.com/myspark/groups_learn_more.asp

http://www.sparkpeople.com/myspark/groups_individual.asp?gid=120

http://www.sparkpeople.com/myspark/groups_individual.asp?gid=273